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10/30/1985 - XC Heads Into Conference Meet

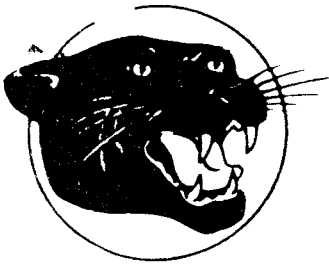
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Panther Sports News

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FOR IMMEDIATE RELEASE

CHARLESTON, IL (October 30, 1985)--The Eastern Illinois women's cross country team had originally set out for a top-four finish at the Gateway Collegiate Athletic Conference. Injuries later, that is probably an unrealistic goal.

"After all the instances that have occurred, our original goal is now unrealistic," states head coach John Craft. "We're going to strive more for personal records at the meet."

The outcome at Saturday's conference meet in Macomb, Ill., in which five Lady Panthers will compete, will only tell. The team is looking to improve upon last year's eighth-place conference finish.

Junior Janine Jarris (St. Charles), team captain and No. 1 runner for Eastern, had recently developed a "stone bruise" on her foot. Despite this injury, Craft believes she still has potential to achieve her goal of breaking the 18 minute mark.

"I'm hoping Janine will run well Saturday. Hopefully her foot will be much improved by then," says Craft.

Janine's best placement of the season was on Oct. 12 at the Indiana Invitational where she placed 4th with a time of 18:24.

Junior Kerri Sperry (Litchfield) and sophomore Lisa Jostes (Rochester) are both "aggressive and improving runners,"

Sperry's best time of the season was at the Midwestern Open on Sept. 21 where she was clocked at 19:35 on the 5,000 meter course, placing 93rd. Jostes captured her best time in a home-opener against Western Illinois on Sept. 13 where she took 6th place with 19:22.

Senior Peggy Brown (Bolingbrook) had never run competitively prior to this season.

ADD 1

WOMEN'S CROSS COUNTRY

"I'm pleasantly surprised in Peggy's progress . . . she has been improving by leaps and bounds."

In the home-opener, Brown finished in 13th place with a time of 22:09 on the 5,000 meter course. In the latest race at the Western Illinois Invitational, she was clocked at 21:36--1:33 better than her first race of the season.

Although freshman Heidi Lammon (Crystal Lake) has suffered an upper thigh injury which put her out of the last three meets, she is now "anxious to get back to running."

Lammon finished 10th in the home-opener with a time of 20:07. She improved her time by six seconds in the following week at the Midwestern Open and placed 114th.

"The runners are all dedicated young ladies," states Craft. "They're up running at 5:30 every morning. I'm very pleased with their attitude and progress. I'm sure they'll do a fine job on Saturday."